DOCUMENT RESUME

ED 322 143 SP 032 554

AUTHOR	Solomon, Ruth, Ed.; And Others
TITLE	Preventing Dance Injuries: An Interdisciplinary Perspective.
INSTITUTION	American Alliance for Health, Physical Education, Recreation and Dance, Reston, VA. National Dance Association.
REPORT NO	ISBN-0-88314-425-5
PUB DATE	90
NOTE	351p.
AVAILABLE FROM	AAHPERD Publication Sales Office, 1900 Association Drive, Reston, VA 22091.
PUB TYPE	Collected Works - Conference Proceedings (021)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Dance; *Exercise Physiology; Health Promotion; *Injuries; *Musculoskeletal System; Plyometrics; *Prevention; *Sports Medicine

ABSTRACT

This book on the interdisciplinary nature of dance medicine as an emerging field of inquiry contains the following chapters: (1) "A Comparison of Patterns of Injury in Ballet, Modern, and Aerobic Dance" (Marie Schafle, And Others); (2) "Pronation as a Predisposing Factor in Overuse Injuries" (Steven R. Kravitz); (3) "Some Common Foot and Ankle Injuries in Dancers" (Richard N. Norris); (4) "Knee Problems in Dancers" (Carol C. Teitz); (5) "Biomechanical Considerations in Turnout" (Karen Clippinger-Robertson); (6) "Spinal Problems in the Dancer" (Elly Trepman, And Others); (7) "Stress Fractures in Dancers" (Lyle J. Micheli and Ruth Solomon); (8) "Physical Screening of the Dancer: General Methodologies and Procedures" (Janice Gudde Plastino); (9) "Bartenieff Fundamentals: Early Detection of Potential Dance Injuries" (Sandra Kay Lauffenburger); (10) "In Search of More Efficient Dance Training" (Ruth Solomon); (11) "Strengthening and Stretching the Muscles of the Ankle and Tarsus to Prevent Common Dance Injuries" (Sally Sevey Fitt); (12) "A Biomechanical Approach to Aerobic Dance Injuries" (Stephen P. Baitch); (13) "The Neuroanatomical and Biomechanical Basis of Flexibility Exercises in Dance" (Robert E. Stephens); (14) "Stress, Performance, and Dance Injuries: Suggestions for Prevention and Coping" (Raymond W. Novaco); (15) "Finding the Right Physician" (Allan J. Ryan); and (16) "Dance Injuries, Health Insurance, and Workers' Compensation" (Robin Chmelar). Glossaries of dance and medical terms are included. (JD)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****